

Regional Behavioral Health Board Answers – Fall 2021

This form is designed to collect information for the annual report to the Governor and Legislature about behavioral health services in Idaho. If you have any pictures of community events in your region, please attach them. Thank you for your help in improving the quality of behavioral health services for Idahoans!

Person Completing Form: Geri Rackow & Mimi Taylor (with input from the R7BHB)

Region: 7

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Please list your Behavioral Health Board's Sub-Committees along with each sub-committee's Chair name and contact information:

Children's Mental Health Subcommittee | Teriann Ness-Parker | teriannjness@gmail.com

Bylaws Subcommittee | John Tanner | pust@datawav.net

Please list your region's top three goals:

1. Addressing housing needs in the behavioral health population.
2. Funding micro-grants.
3. Conducting community outreach for the R7BHB as well as sharing resources, information/education, and training opportunities for the community and behavioral health professionals.

Please list the top 3 action items for these goals:

1. Using information gleaned from the Housing Study completed in 2019, dedicate a monthly R7BHB meeting to address homelessness in the behavioral health population. Community partners would be invited to help the Board develop a path forward in addressing this issue.
2. Review and vote on applications/funding requests paying attention to their alignment with the R7BHB mission.
3. Provide educational presentations and trainings to Board members at monthly meetings and share behavioral health resources via the email distribution list and EIPH's Facebook page and website: <https://eiph.idaho.gov/RBHB/rbhbmmain.html>.

Please provide short answer on your success or outcome. If not, explain why.

1. Due to the COVID-19 pandemic and not meeting in person, this goal was not pursued.
2. Funded a total of four projects including 1) ICADD (Idaho Conference on Alcohol and Drug Dependency) scholarships; 2) a suicide postvention pilot project to help facilitate support groups in the region; 3) counseling services to individuals in the LGBTQ+ community in Madison County and the surrounding area through Flourish Point; and 4)

providing emergency equipment (like protective lights, emergency weather gear, etc.) to the Law Enforcement Chaplaincy of Idaho for the Chaplains to use when responding to trauma and crisis situations in the region. The latter two were funded through the newly established Martha Tanner Memorial Grant, which was developed to honor Dr. Martha Tanner, who passed away in February 2021. Dr. Tanner was a tireless advocate of CIT training and promoting the health and wellness, diagnosis, and treatment of those suffering with behavioral health issues.

3. We provided educational presentations and trainings to Board members at monthly meetings and shared behavioral health resources via the email distribution list and EIPH's Facebook page and website. Training topics/resources provided to R7BHB members, community members, and behavioral health professionals:

- Behavioral health services during the pandemic – resources for clients, frontline workers, distribution of hotline numbers, etc.
- Behavioral Health Planning Council mission and objectives and BHBs statewide overview
- Optum services and trainings
- Survivors of suicide loss support groups
- Grief, loss, and trauma informed care
- Idaho Criminal Justice Commission (ICJC)
- Underage drinking – PFS grant
- Youth drug prevention
- Regional transportation
- Statewide behavioral health legislation
- Policies and updates at Behavioral Health Center at EIRMC, the Center for HOPE, and the Behavioral Health Crisis Center of East Idaho
- Suicide Prevention and Suicide Prevention Month
- Mental Health Awareness Month
- Mental health conditions – depression, anxiety, ADHD
- Addictions and Recovery Month
- Opioids – MAT, Narcan, prevention, Drug Take Back events
- Support services and pilot programs for recovery
- Peer and family support
- Re-entry services at the Center for HOPE/IDOC
- Idaho Children's Trust Fund
- Citizen Review Panel
- Child abuse prevention
- Domestic violence
- CIT training
- Crisis Care
- Children's Mental Health and Parent Network
- YES, Wraparound, CANS, PCSPs
- Working with Families of children with SUD and mental health issues
- Youth Support
- Anti-stigma education
- Motivational Interviewing
- SUD and mental health data collection

Q1: What education and/or community events did you participate in? Due to the on-going COVID-19 pandemic, many events were cancelled. Those participated in include: Recovery Fest, QPR and ASIST suicide prevention trainings, Community Suicide Prevention's (CSP) annual Suicide Prevention Conference and Memorial Walk, Community Conversation on re-entry and recovery support services, ICADD, CIT training, and Donuts for Drugs, a drug take back event.

Q2: What are the three greatest gaps and needs in behavioral health in Region 7?

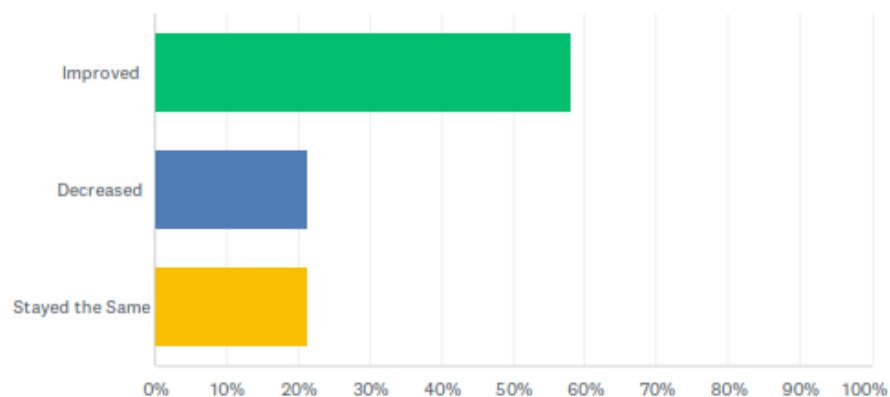
#	1.
1	Youth access to Crisis mental health services
2	Access to affordable housing
3	Housing Immediate and long term
4	Equal access to treatment
5	provider availability for new patients
6	Short & Long-term Housing
7	Housing
8	Developmentally Delayed Crisis Services
9	Additional mental health & substance abuse funding for those outside of the criminal justice system.
10	Housing
11	homelessness
12	Transportation to mental health services
13	housing
14	Coordination of Care
15	Education of the public on what services are available
16	Housing is still a issue in Idaho Falls for SUD clients
17	housing for people in recovery or with mental health problems
18	Access to mental health care
19	Housing
#	2.
1	Affordable housing
2	Access to medical detox
3	Access to care and professional help/counseling
4	Transitional housing
5	Assertive Community Treatment (ACT) for new severely ill persons.
6	Access to the Internet and devices for telehealth treatment
7	Transportation
8	Substance Abuse Treatment Access
9	Transportation options/funding for rural mental health and substance abuse clients.
10	Medical availability
11	public transportation
12	Having acute psychiatric beds for children under the age of 12
13	transportation
14	Housing
15	Knowing where to access services and availability to them
16	After Care & Relapse prevention
17	individual counseling
18	Funding being cut to programs that address these needs
19	Transportation

Q2: What are the three greatest gaps and need in behavioral health in Region 7 cont.?

1	Transportation
2	Access to affordable transportation
3	Education and instruction regarding all aspects of behavioral health
4	availability of competent clinicians/counselors
5	probably housing
6	Searchable online database for community resources
7	Timely appointments (Crisis and New services)
8	Parent Education
9	Higher competitive wages/incentives in order to help fill the gap/lack of counselors, therapists, social workers, peer support specialists, recovery coaches, corrections employees in our area.
10	Financial resources
11	safe activities for children and teens
12	Substance abuse treatment for youth
13	lack of providers
14	Continuum of Care
15	Stigma of mental health issues and people not accessing services because of it
16	More need for communication Law enforcement and addicts
17	community knowledge of resources
18	More providers for mental health care
19	Anti Human Trafficking Training

Q3 Do you feel access to Mental Health (not SUD, which will be addressed in Question 4) services in Region 7 has improved, decreased, or stayed the same? Please explain why.

Answered: 19 Skipped: 0

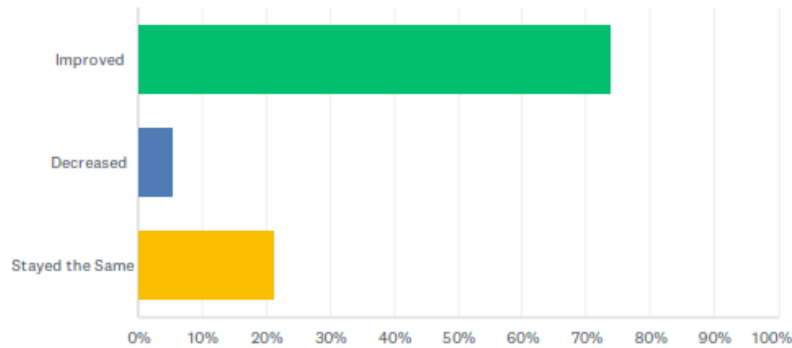


ANSWER CHOICES	RESPONSES	
Improved	57.89%	11
Decreased	21.05%	4
Stayed the Same	21.05%	4
TOTAL		19

#	PLEASE EXPLAIN THE REASON FOR YOUR ANSWER:
1	Medicaid Expansion has improved service access and utilization.
2	Wait lists at most agencies are up to 8 months out.
3	It has risen in needs and has received attention of shortfalls
4	During the covid crisis, telehealth was dramatically improved and utilized for the convenience of clients. I feel that was a win for mental health, although with so many clients decompensating, there is an increased need with a decreased access to mental health providers.
5	I hear the same comments.
6	With Medicaid Expansion happening in January 2020, access to care has greatly improved for so many Idahoans that didn't qualify for services. Workforce capacity issues are making this access more difficult as clients have insurance to pay for services but providers don't have enough staff to meet the need.
7	More people have benefits (Medicaid expansion) for services. Mental health providers have utilized tele-work technology allowing people to access services during COVID and who have transportation issues. Crisis center utilization is up. Madison hospital is opening a new psychiatric unit. QPR training has expanded and is training more people.
8	Due to all the work that is happening
9	more mental health providers opening and offering services
10	there are long waiting list for people to wait to begin services. Licensed professionals are not available to provide services. services are not available at times when parents can bring children. counselors are not working late enough for children to meet after school. families are struggling with taking children out of school for services. transportation is late for appointments or does not show up to take individuals to their appointments. Information is not out into the community about additional resources such as Idaho Strong to help people find services. school counselors not knowing how to get information to rural families willingness to refer people to other agencies for services educating professionals to know how to let families know telehealth is available for services transportation issues for people to return to BHC for follow up care after discharge from services
11	With the expansion of medicaid it has allowed more access to care and treatment.
12	Education has improved and the community has also been more accepting of mental health concerns.
13	If feel that it has improved the more we understand Mental health the better we are able to treat correctly mental health issues.
14	The crisis center is on the front lines of providing constantly improving mental health resources. It is vital.
15	The need for mental health care is growing but there is not enough providers and the ability to get to these providers poses a barrier for many families.

Q4 Do you feel access to Substance Use Disorder (SUD) services (Prevention, Treatment, Recovery) in Region 7 has improved, decreased, or stayed the same? Please explain why.

Answered: 19 Skipped: 0

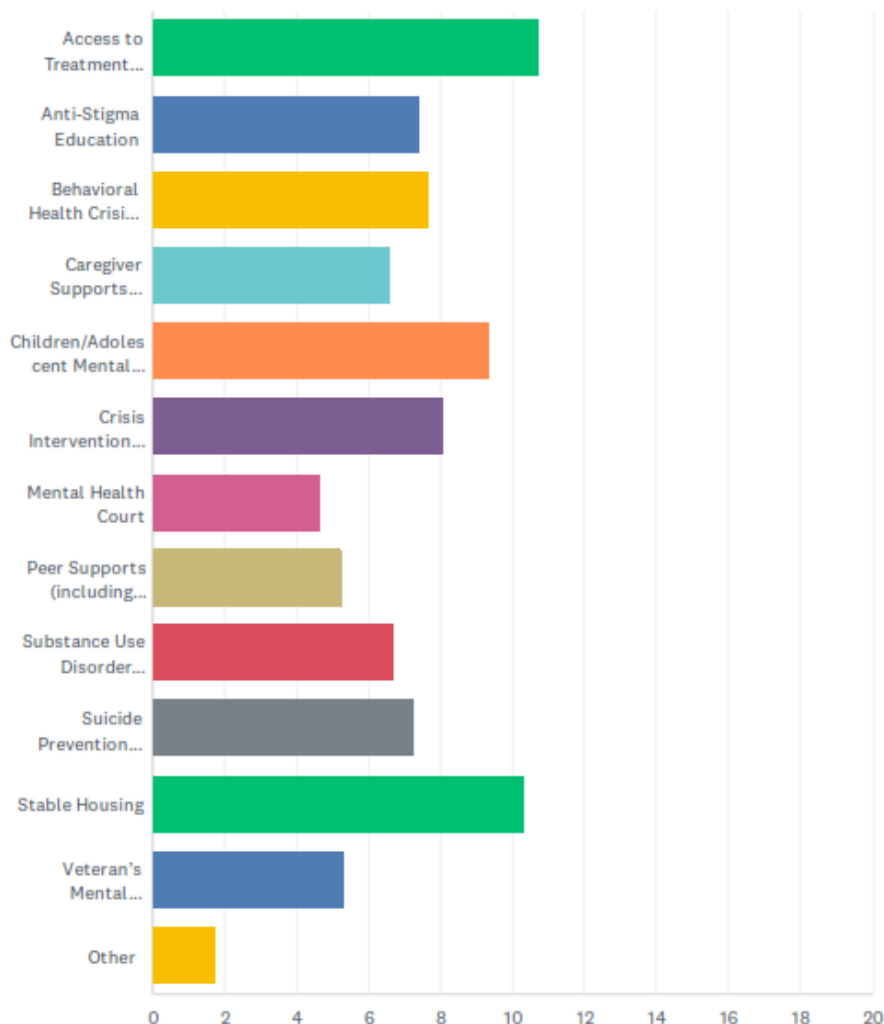


ANSWER CHOICES	RESPONSES	
Improved	73.68%	14
Decreased	5.26%	1
Stayed the Same	21.05%	4
TOTAL		19

#	PLEASE EXPLAIN YOUR ANSWER:
1	Again Medicaid expansion has improved access to services.
2	More provider availability
3	SUD is still increasing. While it is being addressed, the same approach will give the same results
4	There are some new agencies that have comprehensive care services which I do believe helps clients. In some agencies, BPA is difficult to navigate and so becoming a SUD agency can be challenging. I would add that there is a shortage of clinicians/social workers who are properly trained in trauma, and children in the region would benefit from this. There are so many families that are broken, and counseling one person from that family with the expectation that the family will be better is defeatist. SUD is usually concurrent with children's trauma and mental health and I see a benefit from having more informed and competent clinicians, and reasonable wait lists for services.
5	I understand they have experienced decreased Health and Welfare support
6	I believe access has stayed the same overall; however I went back and forth between "decreased" and "staying the same" due to the difficulty many clients have with not having the internet or devices to be able to participate in telehealth appointments when there were restrictions on face-to-face services. We need to encourage state officials to utilize ARPA funding to expand our internet infrastructure in Idaho especially in rural areas.
7	More people have Medicaid which has opened up a benefit for services.
8	With help from the Crisis Center
9	i don't have enough information to make an informed decision on this
10	wait lists are not much lower for SUD services, more availability for SUD services. Challenge is getting the information to parents to be able to understand services available prior to their children entering criminal justice avenue
11	It seems that there is more funding available for treatment.
12	Access has improved but there still could be more funding and more providers available
13	I believe that more people are becoming more aware of the complexity of addiction and the people it affects. and the more aware the more they understand addiction the better prepared to treat people as individuals and not just have a cookie cutter mentality about substance abuse treatment.
14	Expanding Medicaid has improved access to SUD services. However, Covid really impacted individual's ability to access programs because of the shutdown.
15	I feel like this has improved with more providers and awareness of these providers for those who need it

Q5 Please rank each of the following categories, with 1 being the most critical, in Region 7. If you identify a critical need that is not listed below, please rank it as "Other." Then, in Question 6, please identify what that "Other" need is.

Answered: 19 Skipped: 0



Q6 In the previous question, if you chose "other," please identify what the critical need is.

#	RESPONSES
1	equal access to treatment for all areas of mental health/addictions
2	In question 5 do you mean need to have more of or important to continue?
3	More 24/7 outpatient options for both MH & SUD for the community and law enforcement (i.e. Detox Facility, Crisis Center in the Upper Valley and Lemhi/Custer area); Expand Telehealth Crisis Response with LE or within the community
4	n/a
5	Veteran's Mental Healthcare
6	Community Education
7	need for stable long term treatment
8	Community knowledge of available resources

Please provide a brief 20-50 word quote from a community member, peer, or BHB member about the importance of mental health services in your region.

"The COVID-19 pandemic has impacted all of us in a variety of ways. The struggle is universal. Although the total impact has yet to be calculated, one thing is sure: there has never been a more critical time to provide quality mental health services in our region." ~ Tim Thompson

Tim Thompson holds the R7BHB seat of IDHW Behavioral Health System Representative. He is a Program Manager for Regions 6 & 7 in the Division of Behavioral Health at the Idaho Department of Health & Welfare.

Please let me know if you have any questions. I can be reached at mimi_taylor@eiph.idaho.gov.